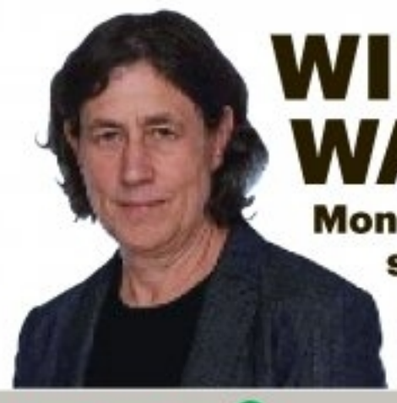

WILL TRUDEAU WALK HIS TALK?

Monday was a day for all leaders to vow to stand shoulder-to-shoulder with the Muslim community — ours did not, Chantal Hébert writes metroVIEWS

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More Trump resistance? Stranger Things have happened
metroLIFE

QUEBEC MOSQUE SHOOTING

PRAYING IN SOLIDARITY

Winnipeggers come together for victims of attack

metroNEWS

Hundreds of people attend evening prayers at Winnipeg's Grand Mosque on Monday in the wake of the fatal shooting at a mosque in Quebec City. LYLE STAFFORD/FOR METRO

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metro NEWS
Your essential daily news
Tuesday, January 31, 2017

#DeleteUber
Uber is in hot water for exploiting a taxi protest against the Muslim ban and for its CEO's relationship with Donald Trump. Twitter users are encouraging people to #DeleteUber.

QUEBEC MOSQUE SHOOTING

Bowman promises to fight Islamophobia

On behalf of all Manitobans, I extend my deepest condolences to the families and loved ones of the victims and to the entire community mourning with them.
Premier Brian Pallister

We stand in solidarity with Muslim families across Manitoba and Canada in condemning this cowardly act of murder.
Flor Marcelino, NDP interim leader

We shouldn't stop going to these places of worship and worrying that something could happen here.
Osaed Khan, president of the Manitoba Islamic Association

This horrific lack of respect for innocent human lives is not tolerated in Canada.
Jaron Hart – Chair, Manitobans for Human Rights Youth Advisory Board

PUBLIC SAFETY

Police presence at mosques to be increased, says chief

Danielle Doiron
For Metro | Winnipeg

Dozens of people attend a candle light vigil at the legislature in Winnipeg on Monday to honour the victims of a Quebec mosque shooting. The attack on Sunday night left six people dead and 19 injured. LYLE STAFFORD/FOR METRO

Mayor Brian Bowman says he condemns Sunday's deadly attack on a Quebec City mosque.

"We stand united and in solidarity with our friends from the province of Quebec, including those who subscribe to the teachings of Islam," Bowman said at a press conference on Monday afternoon.

The Sunday night mosque shooting left six people dead and 19 injured. One suspect remains in custody.

Bowman expressed his support for Muslims in Winnipeg. The flags at city hall were also lowered Monday in honour of the attack's victims.

"Those Muslims in our community need to know that we stand united with them, that we love them, that we will protect them, and that we will do everything in our power," Bowman said. "Certainly, I will fight with every fibre of my being to combat Islamophobia and discrimination on the basis of anyone's religious beliefs.

"These times we're living in and certainly this attack is testing us as Canadians. It's testing our willingness to continue to stand up for the values we hold dear as Winnipeggers and as Canadians."

At the same press conference, Winnipeg police chief Danny Smyth said there are no plans to increase local security measures. However, people can expect to see an increased police presence around mosques and schools.

"We remain steadfast in our support with the Muslim community in Winnipeg. I want to reassure the Muslim community that we support them and that we stand with them," Smyth said. "This is a message of unity."

He encourages people to report anything suspicious to the police and described a nationwide heightened awareness and concern for Muslim communities.

"Muslims in our community need to know that we stand united with them.
Brian Bowman

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QUEBEC MOSQUE SHOOTING

Dozens of people attend a candle light vigil at the legislature in Winnipeg Monday to honour the victims of a Quebec mosque shooting. LYLE STAFFORD/FOR METRO

'Fear and worry but also rage'

MUSLIM BAN

Students reel from shooting while trying to deal with ban

Michelle Bailey
For Metro | Winnipeg

For Zeeshan Zamir, this past weekend "truly tested" his faith.

Zamir, who is president of the Muslim Student Association at the University of Manitoba, said he and others got together Saturday attempting to make sense of President Donald Trump's executive order to ban travellers from seven Muslim-majority countries from entering the U.S.

And then another devastating blow.

"Next thing you know, we're dealing with the mosque shootings in Quebec City," he said. "From one major situation to another in the span of a couple of days. How do you wrap your head around that?"

The shooting Sunday night at the Centre culturel islamique de Quebec mosque in Quebec City left six people dead and 19 injured. One suspect, 27-year-old Alexandre Bissonnette, was arrested. Police initially said two suspects had been arrested — but later said further investigation showed only one of them was a suspect.

Zamir said he wouldn't be surprised if there was a link between the ban and the deadly shooting.

"At a glance, I would say they are related, but I guess we won't know until more information is available."

He said anxiety levels are high for students who are already feeling stressed about their studies.

"It's anxiety on top of anxiety. Many Muslim students are wondering how they will be able to do any research that would require entry into the States, or attend conferences that are related to their studies."

Zamir said the one thing they are not feeling is alone.

"Other student groups, grassroots organizations and even our elected officials including the prime minister are showing their support, and that's what we really need right now," he said.

One of those groups is the Canadian Federation of Students.

> **Grassroots organizations and even our prime minister are showing their support, and that's what we really need right now.**
> Zeeshan Zamir

Manitoba chair Michael Barkman said students can take action in many ways to lend their voice to "fight against Islamophobia and racism."

"There is fear and worry being felt, but also rage and we need to channel that anger by showing solidarity for those people who are being targeted by radical decisions that are being made and shocking acts of violence," he said. "We can mobilize by holding and attending rallies along with writing to our elected officials to demand action against inhumane policies."

Among other things, Barkman wants Prime Minister Justin Trudeau to rescind the Canada-United States Safe Third Country Agreement, which prohibits asylum seekers from coming to Canada through the U.S.

At least three vigils in Winnipeg honoured those who were killed and injured in the attack, including one at the Winnipeg Grand Mosque, one at the Manitoba Legislature and another at the University of Manitoba.

WITH FILES FROM THE CANADIAN PRESS

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Solar-powered waste bins pitched for city

TRASH TALK

Transcona BIZ says containers hold up to 5 times more

Stephanie Taylor
Metro | Winnipeg

A local business group is pushing city hall to pilot new solar-powered waste bins in hopes of eliminating the problem of overflowing trash cans.

Alex Morrison, executive director of the Transcona BIZ, appeared before Monday's meeting of the environment committee, along with area-Coun. Russ Wyatt.

Morrison pitched the committee on buying new solar-powered waste bins to be installed at ten sites around Transcona, such as Regent Avenue between Day and Bond Street, and Transcona Centennial Square.

She explained these bins are powered to compress waste, and hold up to five times more materials than the city's current receptacles.

That means these bins are less likely to overflow, which damages the neighbourhood's reputation and attracts pesky insects, like wasps.

"People really have a sense of pride in their community, so if there's garbage and litter it's one of those things that starts to breed more disrespect of the community," Morrison told reporters on Monday.

"People aren't really just cavalierly throwing their trash aside. They want to put it some place, but if there is no place to put it then they have no option."

Morrison said these bins are located in cities around the world, and in Canadian centres such as Edmonton, Vancouver and Kenora.

A local business is pushing the city to introduce solar-powered waste bins. TORSTAR NEWS SERVICE

"Africa, South America, Europe, Australia, Asia, everywhere — except Winnipeg," Wyatt said.

He complained the city lacks a sufficient number of waste bins on regional streets and in parks, which he blames on cost-cutting from the mayor's inner circle.

Because the solar-powered containers can handle more waste, crews wouldn't have to empty them as often, which would save the city money in the long-term, Morrison explained.

One unit costs around $5,000 or $10,000 for both a garbage and recycling container.

WEATHER

Major flooding in spring forecast

Manitobans are being warned that major flooding is possible in much of the province this spring.

Forecasters say a combination of high soil moisture levels and lots of snow could cause moderate to major flooding.

Infrastructure Minister Blaine Pedersen said the severity of any flooding will partly depend on how much rain and snow falls in the coming months, as well as the timing and rate of the spring thaw.

> **We are being proactive in terms of our planning.**
> Blaine Pedersen

"We have experienced some unusual winter weather to this point that has contributed to an expanded risk of overland flooding," Pedersen said on Monday.

Areas at risk of major flooding include the Red, Souris, Pembina, Lower Assiniboine and Roseau river basins and the southwest region of the province.

The Upper Assiniboine River, the Winnipeg River, the eastern region, northern Manitoba and The Pas regions — including the Saskatchewan, Carrot and Swan rivers — are at risk of moderate to major flooding.

Pedersen said it is early yet, but the government is planning for the highest potential flood risk and plans to release a full updated forecast next month.

He said Winnipeg and the Red River Valley are well protected. The government is reviewing emergency response plans and sharing information with municipalities.

"We are being proactive in terms of our planning," he said.

"The department is up and running and drawing on the experience that they have had in past years and lessons learned from the past."

Parts of Manitoba were hit by major floods in 2014 and 2011 that caused extensive damage and forced some people from their homes.

THE CANADIAN PRESS

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Canada

QUEBEC MOSQUE SHOOTING

Canada springs to action

Across the nation, the shooting in Quebec City was met with horror and condemnation as Canadians rallied together. METRO CANADA

HALIFAX:

In the hours following Sunday night's fatal mosque shooting in Quebec City, Rana Zaman found herself comforting a daughter scared to be Muslim.

"My daughter (a university student) and I had this horrible conversation where she felt she was really frightened, she couldn't sleep and she said she was afraid of being a Muslim," Rana Zaman said in an interview on Monday.

"I had to hide my own inner fear. I had actually been crying a lot that night feeling that the one safe haven that I felt was in the world has been taken away from us."

Zaman, a community activist and volunteer, said Halifax's Muslim community has been shaken.

"To be confronted directly so close to home? It's a terrifying prospect."

OTTAWA:

While the attack has made real the fears of Muslims in Ottawa, a local imam is encouraging people not to isolate themselves, but to find support in their neighbours, friends and fellow citizens who continue to support them.

"I think it's important for people to feel supported and to support one another, because we are all in this together," said Imam Sikander Hashmi of the Kanata Muslim Association.

"We've been through stuff together in the past and we've always come together with our friends and neighbours, our fellow citizens."

A vigil in Montreal for victims of the shooting at a Quebec City mosque. THE CANADIAN PRESS

TORONTO:

Members of Toronto's Muslim communities are responding to the attack at a Quebec mosque with messages of unity, hope and optimism.

"We have to focus on what is good," said Omar Falasteen, a Ryerson engineering student and one of the organizers of a Monday vigil to mourn and express solidarity with families affected by the violence.

"These acts of terrorism don't only target Muslims. They target Christians, Jews, blacks ... We just need to continue to support each other."

CALGARY:

There was shock and sadness across Calgary Monday, after the lives of six men were taken suddenly mid-prayer in the Centre Culturel Islamique de Québec.

In Calgary, citizens stood together at vigils in solidarity against acts of terrorism and violence, candles in hand.

"You want to let the victims know, and people who attend the mosque as well that you're there for them, and you won't stand for this," said Canadian Cultural Mosaic Foundation CEO Iman Bukhari.

But this wasn't just a Muslim-Canadian vigil. Bukhari said members from the Chinese, Jewish, a Syrian group and the LGBTQ community had come forward against the murders.

EDMONTON:

Ayesha Sohail always thought she was safe while praying, but the shooting at a Quebec City mosque Sunday changed her feeling.

"What am I supposed to think now?" said Sohail, the president of the Muslims Students' Association at the University of Alberta.

Ahmed Abdulkadir, executive director of the Ogaden Somali Community of Alberta Residents, said Monday he was now looking over his shoulder when going to the mosque.

VANCOUVER:

Vancouverites reacted with horror and condemnation to Sunday night's deadly attack on worshippers in a Quebec mosque.

"It was extreme sorrow, my heart went out to the victims and their families," said Vancouver lawyer Hasan Alam. "I felt overwhelmed, because we as a Canadian Muslim community, and a North American Muslim community, have dealt with so much in the context of Trump and this past weekend the trauma of his Muslim ban ... To have the trauma of losing six people in our community so horrifically at the hands of someone, that was even more traumatic."

Partisanship forgotten in moment of unity

Canadian political leaders stood in the House of Commons Monday united first in words then silence to denounce violence and appeal for unity in the wake of Sunday's Quebec City mosque massacre.

As the Canadian flag on the Peace Tower flew at half-mast, Prime Minister Justin Trudeau condemned the "despicable act of terror last night in Quebec City."

Trudeau said a "group of innocents" were "targeted for practising their faith."

"Make no mistake, this was a terrorist attack," said Trudeau. "It was an attack on our most intrinsic and cherished values as Canadians; values of openness, diversity, and freedom of religion."

Public Safety Minister Ralph Goodale said, "This was an act of extreme violence directed against a particular group with the clear intent to intimidate and harm that group and to strike fear in their hearts. In the definition in broad terms of terrorism, they were trying to inflict terror. And that fits the definition."

Prime Minister Justin Trudeau and Liberal MPs stand for a moment of silence for the victims of the Quebec City mosque shooting in the House of Commons on Monday. THE CANADIAN PRESS

Yet in the face of the American administration's leap to suggest the Canadian attack justified its extraordinary weekend immigration freeze and airport detention orders that affected travelers from seven predominately Muslim countries, Goodale asserted "we don't have sufficient hard facts yet to be able to draw conclusions about motivation and the exact nature of this violent act."

Trudeau's tough talk and calls for unity were echoed by four other Opposition party leaders. They all spoke after Quebec provincial police announced only one of two persons arrested Sunday night was a suspect and the other merely designated a witness.

Trudeau's government faces its most challenging days since the 2015 election in the wake of the stunning attack, sweeping airport detentions south of the border, and loud calls for Canada to step up and denounce U.S. President Donald Trump's moves on immigration, security and trade.

TORSTAR NEWS SERVICE

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QUEBEC MOSQUE SHOOTING

Suspect faces six counts of murder

Alexandre Bissonnette studied at Université Laval

Quebec police have charged Alexandre Bissonnette with six counts of murder in connection to a shooting rampage at a mosque that left six dead and 19 injured.

Bissonnette, 27, is also facing an additional five counts of attempted murder, according to documents filed at the Quebec City courthouse.

He is expected to appear in court shortly.

After initially saying they had two people in custody in connection with the shooting rampage, Quebec police — in a surprising reversal from their morning press conference — now say there is only one suspect.

He appeared in court around 6 p.m. looking disheveled as he stood beside a guard in a glass prisoner's box. The prosecutor said they had not yet been given all the evidence and the matter was called back to court Feb 21.

The second man they had considered to have carried out the deadly assault, which authorities are calling an act of terror, is now a witness, Surete du Quebec said in a tweet Monday afternoon.

Bissonnette studied at the Université Laval, according to a statement released by the university late Monday. He was a student in the department of political science and anthropology, according to Jean-Claude Dufour, Dean of the Faculty of Agriculture and Food Sciences.

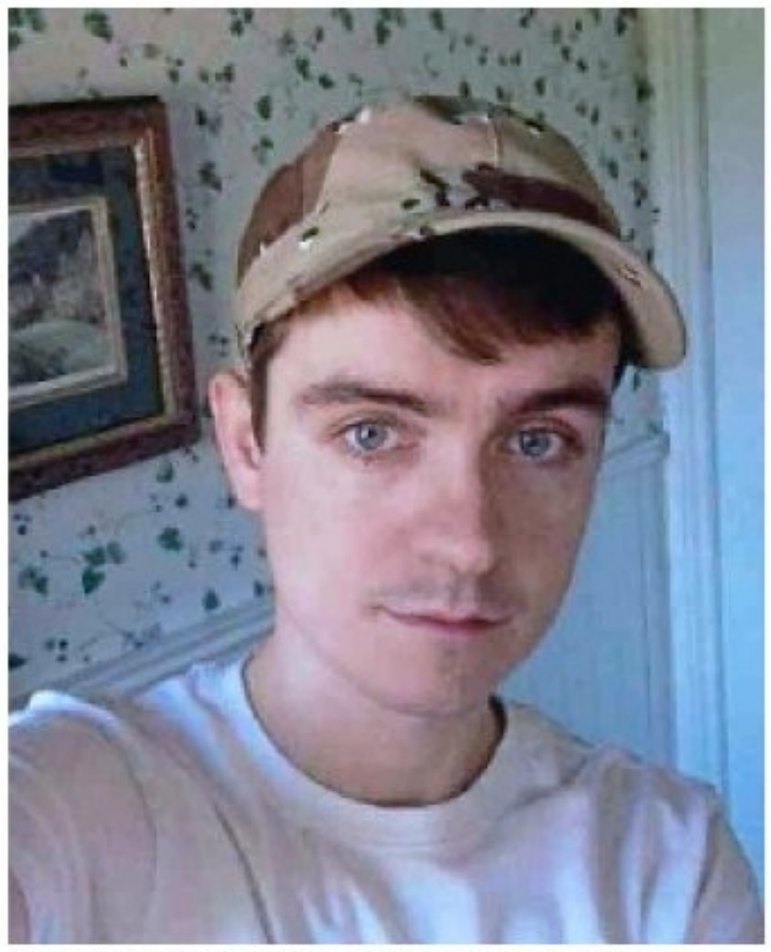
He was on both the Sainte-Foy and Université Laval chess club with his twin brother, said Université Laval professor Jean Sévigny, who said he knew Bissonnette and his brother through the club.

"I can only give you the impression I had and that was that he seemed, he gave the impression of being a very good person," said Sévigny, who last remembered seeing him in the fall of 2015.

Bissonnette's Facebook profile was deleted at some point on Monday, but an archived screenshot of his Facebook page showed he "liked" a wide range of pages, including those of U.S. President Donald Trump, far-right French politician Marine Le Pen, and atheist scientist Richard Dawkins. He also "liked" several different video games, chess clubs and organizations at Université Laval, as well as the federal NDP.

The horror that started just as Sunday evening prayers ended left six people dead and another 19 injured — two critically with significant injuries "mainly to the abdomen," a spokesperson for Centre Hospitalier Universite Laval said. The rest have been treated and released.

Police said there were another 39 people inside the Cultural Centre of Quebec's Grand Mosque as Sunday prayers ended. That's when two individuals said to be wearing ski masks and carrying firearms burst into the building and opened fire on the worshippers, according to witness accounts. The victims, all male, ranged in age from 35 to 60 years. TORSTAR NEWS SERVICE



Alexandre Bissonnette faces multiple counts of murder in connection to a shooting at a mosque that left six dead and 19 injured. FACEBOOK.COM

Remembering the victims

Details are emerging of some of the six victims of the Quebec City mosque attack.

1 **Azzedine Soufiane** — The father of three was a grocer and butcher. Local imam Karim Elabed described him as a longtime Quebec City resident who helped guide newcomers. Ali Ouldache said Soufiane was really someone who really loved Quebec — a true Quebecois.

2 **Khaled Belkacemi** — Universite Laval confirmed Monday that Belkacemi, 60, was one of their own and a professor in the food science department. Retired Universite Laval professor Hani Antoun described Belkacemi as a valued colleague and respected scientist.

3 **Abdelkrim Hassane** — Another father of three who was identified by friend Ali Hamadi. Hamadi said he left the mosque before the shooting and that Hassane, 41, was killed. Hamadi said Hassane worked in IT for the government.

THE CANADIAN PRESS

White House uses shooting to defend executive order

In the face of protests, lawsuits, internal grumbling, an international backlash and a partial climb-down, the Trump administration used Sunday's deadly Quebec City mosque attack to defend its travel ban on seven majority-Muslim countries.

White House spokesman Sean Spicer began his daily briefing with the news that the president had offered Prime Minister Justin Trudeau his country's condolences, prayers, and any law-enforcement help Canada might need.

Then came a political point — one that seemed oblivious to the fact that in the case of Quebec City, it was the targets who were Muslim, not the alleged perpetrator.

"It's a terrible reminder of why we must remain vigilant. And why the president is taking steps to be proactive, not reactive," Spicer said Monday. He later made clear he was, in fact, making the link to the executive order on travel, which specifically targets travel from primarily Muslim countries in the Middle East.

Asked about the executive order, he went back to his earlier remark: "As I said in the statement, the president is going to be very proactive in protecting this country… That's the key point in this — how do we get ahead of threats? How do we keep America ahead of the curve?"

White House spokesman Sean Spicer speaks at a press briefing at the White House on Monday. GETTY IMAGES

Trump's chat with Trudeau came after some Canadian fears were soothed over a chaotic weekend. With lawsuits flying, and protesters clogging airports, the U.S. government initially stated that the travel restrictions would apply to dual citizens.

That potentially included 35,000 Canadians with dual citizenship with the affected countries - some of whom may work, live, and have families in the U.S. The U.S. government is now signalling that the policy would not apply to Canadian dual citizens.

It's not the only change. While the order would presumably still affect work visas, the government now says it won't apply to permanent U.S. residents with green cards. A third possible adjustment involves exemptions for individuals who worked for the U.S. military. Defence Secretary James Mattis is drawing up a list.

The changes come amid reports of behind-the-scenes tussling within Trump's team. Administration members fumed to friendly media Monday about the haphazard manner in which this major policy was designed, released, and publicly communicated. THE CANADIAN PRESS

Donald Trump's administration: *Muslim ban*

'I would say I'm ready to make my voice heard'

GOVERNMENT

'Freaked out' Americans take to the streets to protest Trump

Protesters demonstrate Monday in Washington, DC. GETTY IMAGES

Mary Beth Jobe, a 52-year-old homemaker in Idaho, expected to have a quiet Sunday hanging out with her three chickens, two dogs, cat and parrot.

But then she checked the Facebook page for her Boise neighbourhood and someone had posted about a protest at the airport. Eight days after the first demonstration of her life, she drove out to the second.

"This is dire," she said Monday. "I've never been this freaked out, ever. I'm freaked out, and I'll do whatever I need to do."

Erik Johnson, a 24-year-old biochemistry student in Nebraska, planned to be studying on Sunday night. But his girlfriend told him there was a protest at the state capitol in Lincoln. He had never demonstrated before, but this was a matter of "American values." Off he went.

"As of right now," he said Monday, "I would say I'm ready to make my voice heard."

Jobe and Johnson are part of an America-wide wave of organic street activism that has spread far beyond the usual places and the usual suspects. For the first time since the Vietnam era, it appears that spontaneous public protest may become a regular feature of American life.

Two weekends ago it was massive women's marches. Last weekend it was rallies against Donald Trump's order banning refugees from seven Muslim countries.

Demonstrators gathered on short notice Sunday in the streets of Alabama and Alaska, Arkansas and Michigan, Louisiana and Montana, Tennessee and Illinois. They gave every impression that they would be back. TORSTAR NEWS SERVICE

YATES FIRED

Donald Trump has fired Acting Attorney General Sally Yates after she announced she would not defend his immigration order. The White House said Monday Yates "has betrayed the Department of Justice" and was "weak on borders and very weak on illegal immigration."
THE ASSOCIATED PRESS

REFUGEES

'Maybe the U.S. is no longer a safe country'

Gilbert Ngabo
Metro | Toronto

Many advocates are adding their voices to mounting calls for Canada to start accepting American refugees in the wake of Donald Trump's Muslim ban.

"Maybe the U.S. is no longer a safe country," said Mary Keyork, a Toronto immigration lawyer. "A developed nation is saying all these Muslim people from these Muslim countries are bad people, and they don't deserve to come here. That's just wrong and it creates fear and violence."

Refugee advocates are pressuring the federal government to rescind the Safe Third Country Agreement, which prevents Canada from giving refugee status to Americans seeking asylum.

No One is Illegal, a Toronto group that advocates for immigrants and refugees, has started a petition calling for the agreement to be scrapped. Nearly 30,000 have people signed.

The Canadian Civil Liberties Association has included scrapping the agreement in a list of demands being circulated to MPs.

Even before Trump's executive order banning people from seven predominantly Muslim countries, Keyork said individuals "were being questioned and red-flagged."

"Now, it's become a complete violation of their rights," she added. "That travel ban left me mortified, deeply hurt and scared."

The Canadian government has extended an offer of temporary residence permits for people who were stranded here when Trump's order came down Saturday. But, nothing has been said about how people looking to relocate here permanently will be handled.

Jenny Kwan, the NDP's immigration critic, has called for the House of Commons to have an emergency debate today on the travel ban.

Keyork said her office has received emails about families, students and workers considering a move to Canada since Trump was elected.

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metro VIEWS
Your essential daily news
Tuesday, January 31, 2017

CHANTAL HÉBERT ON POLITICIANS WALKING THE TALK

If one were to connect the dots between the shooting ... in a Quebec mosque and Donald Trump's entry ban on citizens and refugees from a number of Muslim-majority countries, one would find a community that is having a target painted on its back.

Even as Canada's federal leaders were addressing the House of Commons to express their solidarity with the country's grieving Muslim community on Monday, the White House's press secretary was arguing that the murderous attack on a Quebec City mosque was "a terrible reminder of why the president is taking steps to be proactive, not reactive" on national security.

Little of course could be further from the truth. If one were to connect dots between the shooting that left six dead in a Quebec mosque and Donald Trump's entry ban on citizens and refugees from a number of Muslim-majority countries, one would find a community that is having a target painted on its back by the world's most powerful elected leader.

It is a connection whose acknowledgment does not come easily to Prime Minister Justin Trudeau or, for that matter, to much of Canada's political class. Monday was a day for all leaders to vouch to stand shoulder-to-shoulder with the Muslim community. It will take a while to see how far they are willing to walk their talk.

The prime minister would showcase his government's embrace of Syrian refugees, but offer no opinion about the abrupt suspension of American participation in the humanitarian operation.

But by all indications, whistling past the graveyard will only work for so long.

In dealing with the Trump administration, Trudeau has wanted to believe that actions will speak louder than words; that they will in fact act as a substitute for speaking out.

TONGUE-TIED Trudeau is at the limit of his ability to criticize the U.S. president, Chantal Hebert writes. THE CANADIAN PRESS

In the face of questionable moves by the incoming American administration, he and his government would refrain from taking stances in a manner that could be construed as seeking a frontal collision with the White House. But they would stick with charting a distinct and contrary course for Canada.

On that basis, Trudeau would tweet to commend the hundreds of Canadians who took part in post-inauguration marches in support of women's rights in the U.S. but not make a peep about the White House's moves to make it harder for some of the world's poorest women to secure safe abortions.

The prime minister would use social media to showcase his government's embrace of Syrian refugees but offer no opinion about the abrupt suspension of the American participation in the humanitarian operation and the catastrophic domino effect it could have on international resettlement.

Canada would not even beg to differ in public with Trump's outlandish assertion that keeping out refugees, visitors and immigrants including green card holders from some Muslim-majority countries was necessary to keep the U.S. safe from attacks.

Given that we share the same continent, it is hard to think of a government leader better placed to offer a rebuttal of that narrative than Canada's. But while Trudeau and many others in his government spent the past weekend reaffirming their attachment to Canada's diversity and their determination to continue to enrich it, they all steered well clear of rebutting the premises of the U.S. ban.

That task fell to non-Liberals such as former Conservative immigration minister Jason Kenney. In a series of tweets on Saturday, he described Trump's executive order as "a brutal ham-fisted act of demagogic political theatre" and called on Republicans in the American Congress to challenge it.

In a statement issued on behalf of all Canadian universities on Sunday and calling for the ban to be ended immediately, their association pointedly noted that this was an issue "that was too important to stay quiet on."

Asked point blank to address the ban issue in question period on Monday, the prime minister skirted NDP leader Thomas Mulcair's question and stuck to touting Canada's diversity.

The problem with Canada's tongue-biting approach is that some actions speak louder than others especially when they are those of a U.S. administration that is using the office of president as a bullhorn to equate Muslims with security threats.

The refusal to engage beyond the very narrow scope of securing Canadian exemptions from measures that have negative planet-wide implications leaves the field wide open to those — starting with the new administration — who are only too eager to distort facts for their own purposes.

Surely Trudeau did not see the White House's recuperation of the Quebec City tragedy as fodder for its controversial entry ban coming. Chances are this will not be the last time he is blindsided by his U.S. vis-à-vis.

It was always a given that there would be limits to the lengths the Trudeau government could go to in its quest for a transactional relationship with the Trump administration. But few expected those limits to be reached over a matter of little more than a single week. And yet they have.

Chantal Hébert is a national affairs writer.

Step up, Trudeau: Take Syrians and graduates the U.S. has rejected

Tristan Cleveland

Trump has brazenly created a crisis. It's time for Canada — and Trudeau — to step up and respond by demonstrating what our country stands for.

Trump's ban represents the most repugnant form of xenophobia, the kind that justifies disrupting thousands of lives — and putting many at risk — without a gram of evidence it will help anything or anyone.

Now, after his implied endorsement of hatred towards Muslims, six Muslims are dead in Quebec. Whatever this murderer's motivations or inspirations, it is a reminder that pandering to hate is reckless, dangerous and evil.

We must confront this evil and demonstrate Canada will not abide by such official bigotry.

Our Prime Minister took an important first step by tweeting, "To those fleeing persecution, terror & war, Canadians will welcome you, regardless of your faith. Diversity is our strength."

Trudeau, if you mean that statement, then offer to bring the Syrian refugees the United States has already thoroughly vetted and accepted to Canada. Trump has inflicted chaos with a stroke of a pen. We must respond with an equally decisive action.

And that's only the start. An entire cohort of recent graduates in the United States from those seven countries will have their green card applications arbitrarily rejected in the next three months because of this ban. We should offer to expedite their applications to Canada and welcome that talent here.

Politicians and Canadians alike should also reaffirm loudly that we will not put up with anyone peddling hatred to get an easy ticket to political success.

The danger is real. Xenophobic heads of state have been elected in Hungary and Poland. France risks electing one this year. Across Europe, extreme-right parties are growing in size and influence.

Let's take pride in the fact that Harper tried to use hatred to stir up support and that it backfired. Let's dust off the idea that multiculturalism is the basis of our sense of self, because the more it defines who we are, the less vulnerable we will be to appeals to small-minded bigotry.

We are no racial utopia, but reaffirming multiculturalism is exactly the bulwark we need against politically convenient hatred. Let's send a clear message to any politician feeling inspired by Trump: Don't you even think about it.

Thousands of good people have had their lives torn apart this weekend because one smug, small-minded man has too much power. Let's take action to help fix this mess and remind ourselves and the world what kind of country Canada is.

Tristan Cleveland is an urban planner and columnist with Metro Halifax.

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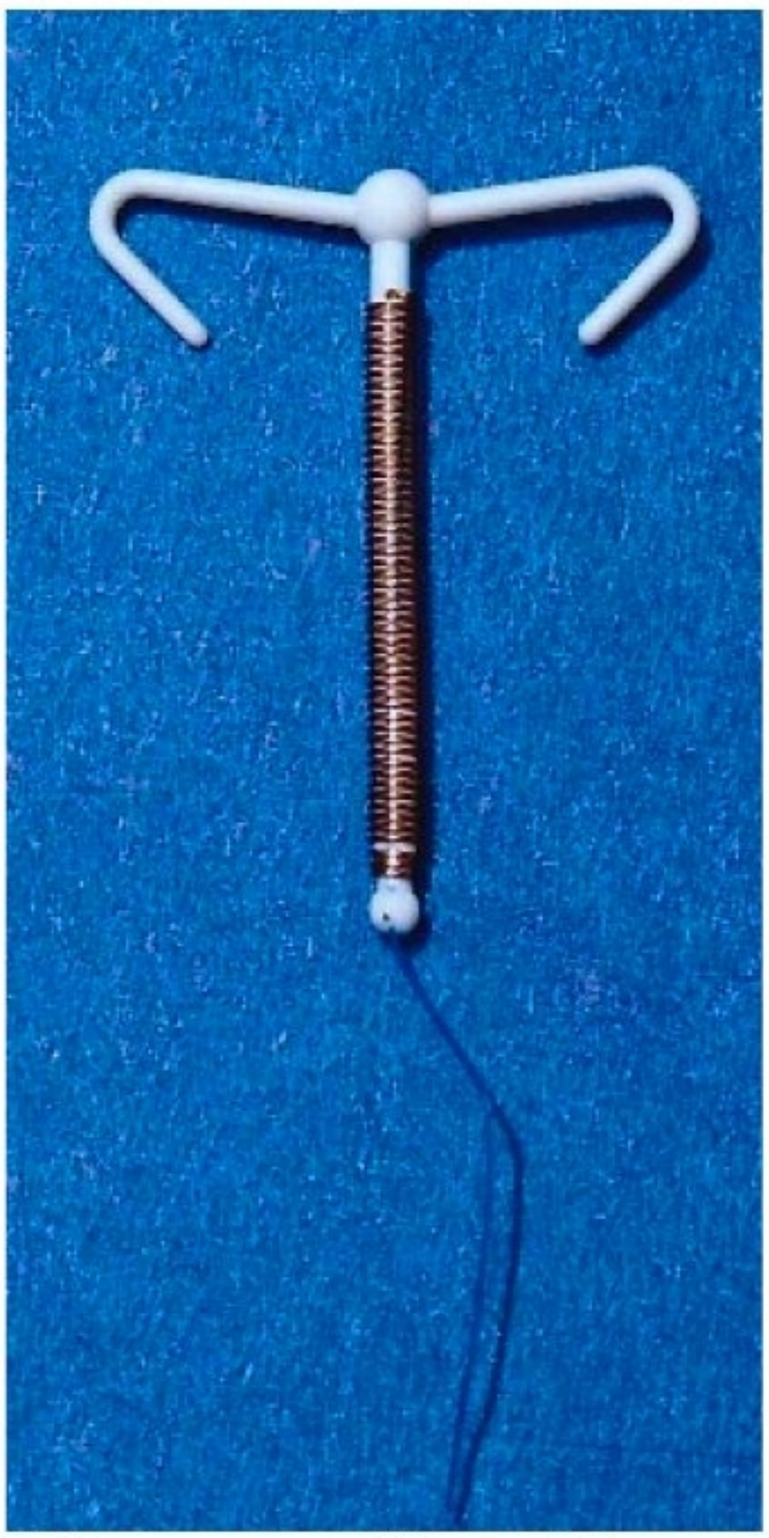

Both the copper and hormonal IUD can last 3 to 10 years and are acceptable for both women who have given birth, and those who haven't. CONTRIBUTED

The rise of the IUD

With Obamacare threatened, the U.S. is seeing a jump in women seeking long-term birth control. Precarious employment has women in Canada doing the same, experts say. TORSTAR NEWS SERVICE

In the lead-up to the inauguration of U.S. President Donald Trump, American women warned each other their access to birth control under Obamacare was at risk.

On social media, many women advised getting an IUD. The intrauterine device is a small, T-shaped piece of plastic or copper inserted through the cervix into the uterus by a doctor and provides highly reliable birth control for years at a time.

Under Obamacare, women could obtain one without paying out of pocket, along with other forms of FDA-approved birth control. If Congress repeals the Affordable Care Act — something Trump has already begun to set in motion — an IUD could cost American women as much as $1,000, according to Planned Parenthood. Without what's known as the "birth control mandate," many women may suddenly find it difficult to access birth control pills each month.

It seems some of those women turned to the IUD. According to data from 2,500 doctor's offices across the U.S. compiled by AthenaHealth and published by Vox, clinics in both Democrat and Republican counties saw a 19-per-cent spike in IUD procedures from October to December last year. The data suggest no such increase was observed in 2015.

Experts say something similar happens in Canada when women are faced with losing their health insurance or benefits.

The pill and the IUD are covered by some benefits plans — Sun Life, Great-West Life and Morneau Shepell may cover IUDs, depending on the arrangement with employers — and when women switch jobs or age out of their parents' coverage they often turn to IUDs, experts say.

"Definitely, definitely, we see that," said Dr. Erika Feuerstein, clinic physician and education director at the Bay Centre for Birth Control at Women's College Hospital. "When insurance is about to expire, women ask for an IUD because it was covered under their plan."

Because Canada lacks a national pharmacare system, about one quarter to one third of women do not have access to free birth control because they neither have workplace benefits nor qualify for a drug plan through social assistance, said Sandeep Prasad, executive director of Action Canada for Sexual Health and Rights, formerly the national Planned Parenthood agency, not directly linked to the U.S. organization.

That means they often choose less-effective birth control methods, such as condoms, which are about 82-per-cent effective with typical use, rather than a highly effective method such as the IUD, because of its high upfront cost.

The copper IUD costs up to $63 and the hormonal IUD costs up to $380 at Planned Parenthood Toronto. The most common form of birth control used by Canadian women remains the pill, but IUD use has been on the rise. The pill is about 90-per-cent effective with typical use and the IUD is 99-per-cent effective. According to data collected by Canadian health information company QuintilesIMS, prescriptions for the hormonal IUD brands Mirena and Jaydess have increased 46 per cent from 116,478 in 2011 to 170,061 in 2015.

Usage varies: the copper IUD is cheaper and desirable among women who are motivated to avoid synthetic hormones, but can make periods and cramping more intense. The hormonal IUD, which releases a progestin, is more expensive and can cause side-effects similar to the pill but can make periods much lighter.

McMaster University gynecologist Dr. Dustin Costescu estimates up to 5 per cent of Canadian reproductive-age women are now using an IUD, a figure that had hovered around 1 per cent for years. He also notices patients, especially students and young women entering a precarious workforce near the end of their insurance or benefits coverage, seek long-term birth control.

"Other women might see, when issues of coverage come up, that it may be beneficial to maximize their benefits," he said. "It wouldn't surprise me if other women start thinking about, as their coverage expires, an option that (prevents pregnancy) in the long term."

HORMONAL OR NON-HORMONAL

The copper IUD
99 per-cent effective; $54-$63 at Planned Parenthood

Pros:
- Reversible and forgettable
- May be suitable for women who cannot take estrogen
- Lessens the risk of endometrial cancer

Cons:
- May increase blood flow, pain and cramping during periods
- Some pain or discomfort during insertion

The hormonal IUD
99 per-cent effective; $306-$380 at Planned Parenthood

Pros:
- Reversible and forgettable
- May lead to lighter or absent periods
- Improves symptoms of endometriosis
- May be suitable for women who cannot take estrogen

Cons:
- May lead to spotting
- May cause hormonal side effects such as bloating, breast tenderness, acne, headaches and mood issues
- Some pain or discomfort during insertion

JOHANNA SCHNELLER **WHAT I'M WATCHING**

Harbouring fierce resistance

THE SHOW: Screen Actors Guild Awards (Global)
THE MOMENT: David Harbour's manifesto

Near the end of a night of speeches decrying Donald Trump's U.S. immigration ban — from, among many others, Julia Louis-Dreyfus (best actress, Veep), Emma Stone (best actress, La La Land) and Mahershala Ali (best supporting actor, Moonlight) — Netflix's Stranger Things wins best drama series, and the cast storms the Shrine Auditorium stage.

David Harbour, who plays police chief Jim Hopper, begins reading a full-on, balls-out speech, calling the award "a call to arms from our fellow craftsmen and women to go deeper, and through our art, to battle against fear…by revealing intimate truths to remind folks that when they feel broken and afraid, they are not alone."

As the crowd rises, and his child co-stars jump up and down beside him, and his adult co-star Winona Ryder makes bug-eyed reaction faces for the ages, he builds to a crescendo: "We will repel bullies. We will shelter freaks and outcasts…We will get past the lies. We will hunt monsters. And when we are at a loss amidst the hypocrisy and casual violence of certain individuals... we will punch some people in the face when they seek to destroy the weak and the marginalized and the disenfranchised."

While @realDonaldTrump is wrapping up the strangest, most aggressive first week in U.S. presidential history, Hollywood is using its awards season platform to double down on its liberalism. First Meryl Streep's speech at the Golden Globes, then the pussy-hatted winners at Saturday's Producers Guild Awards, and now Harbour's barn-burner. Can't wait to see the rally at the Oscars.

WATCH THE SPEECH ON THE METRO NEWS APP

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Stranger Things cast members roar on David Harbour's stirring speech at the SAG Awards. CHRIS PIZZELLO/INVISION/AP

When the gym routine gets boring

With their own gyms crowded thanks to the onslaught of "January Joiners," Metro's **Melita Kuburas** and **Colin McNeil** decide to try some alternative fitness options. Breaking up the ol' routine has its upside...

1 What: Daybreaker — 6 a.m. Dance Party

Sweat factor: Medium
Price: $$
Would return: Definitely

A handful of people are crowded outside the entrance of a club on King Street West. The dress code is a mix of patent platform shoes, neon tights, sneakers and glitter.

It's 5:45 a.m. and no, this isn't the spillover from a rave the night before: We're here for a yoga class and dance party before everyone shuffles off to work for the day. Inside, a guy in Hammer pants with international flags on them checks the guest list. "Boom! You're in!" he shouts.

As people pile in, it quickly becomes hard to find room for a yoga mat. "There's space for one more human here," the instructor says, motioning in front of a DJ near the stage.

After an hour of easy yoga — sun salutations before the sun has even come up — we skip Savasana and instead partner up to try the double chair pose for a little friendly competition with the rest of the approximately 150 people in the room.

After rolling up my mat I cheers with a shot of cold-brew coffee with my partner, grab a bottle of water and start dancing.

The music was a mix of EDM and pop, and surprises included a brass band busting through the dance floor, and the yoga instructor putting on a light show.

Daybreaker started in Brooklyn, and is now held in 15 cities around the world (in Canada, this includes Montreal, Toronto and Vancouver is coming soon). Cost varies between $25 to $35, and the next event in Toronto is Feb. 14, with the theme called Love Lockdown.

You'll be buzzing with good vibes all day. MELITA KUBURAS/METRO

Daybreaker is a dance party that starts before most people begin their morning commute. CONTRIBUTED

2 What: Olympic-style weightlifting

Where: Kanama High Performance, Toronto
Sweat factor: High
Price: $$$$
Would return: Yes

In the dojo-like space at Kanama High Performance, novices and national champions alike dedicate themselves to performing the two movements that make up Olympic weightlifting: the snatch and the clean and jerk.

For anyone not up on their terminology: both involve using explosive strength to bring a weighted barbell from the floor to a static position held over your head, all in one fluid motion.

Even the beginner class at Kanama had a serious, stoic vibe to it.

Surrounded by an open, minimalist gym thick with chalk dust and adorned with multi-coloured bumper plates, the class was a quiet one at first. Silence punctuated by crashing barbells made up the soundtrack until the warmups ended. Then came the music — EDM and trance.

The session I attended was made up of four lifters (including myself), all young men.

Not once during the hour and a half class did the three other students congregate to chit chat or pull out their phones and text. Each one was solely focused on their little square of the gym and their own weightlifting form.

While some at Kanama are training for medals, those in the introductory class are there to learn under coach Rich Davidson — a competitive athlete at the national level.

Davidson first assesses your fitness and mobility level, then works to improve those while building the foundational movements for Olympic lifts.

This means breaking them down to their component movements, and practising those. Think of it like learning individual chords before putting together a song.

Davidson had me use a standard 45 lb Olympic bar with either no additional weight, or just a few 10 lb plates. The idea at first is to fine tune your weightlifting form — not heave enormous amounts of iron to boost your ego. Cost is $200 to $350 per month, so the class is only for those who are ready to commit to heavy lifting. COLIN MCNEIL/METRO

The 45-pound bar is much less than Colin McNeil would normally lift, he says, but using proper Olympic form makes it much more difficult to do. IRA LAMCJA/METRO

PARTY POOPER? BALLOONS LINKED TO HEARING LOSS

Research finds balloon pop is unsafe for children

Bill Hodgetts doesn't want to be a party-pooper.

But the University of Alberta researcher has found that noise from bursting balloons can be unsafe for children's hearing.

The audiologist says popping a balloon next to someone's ear is as loud as firing a high-powered shotgun.

The finding is part of a study, co-authored by engineer Dylan Scott, recently published in Canadian Audiologist. Hodgetts says kids typically find popping balloons irresistible, especially at birthday parties, but it may contribute to long-term hearing loss.

He hopes parents will come to consider hearing protection as important as putting sunscreen on their children. THE ASSOCIATED PRESS

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Dramedy takes sexual assault seriously

SWEET/VICIOUS

Daring story of vigilantes who avenge rapes rings true

Sophie van Bastelaer
Torstar News Service

Eliza Bennett, left, and Taylor Dearden star in MTV's Sweet/Vicious. HANDOUT

Two young women clad in ninja suits and black masks rain punches and karate chops on a frat brother in his dimly lit bedroom amid his yells and objections.

They lean into his terrified face and threaten him, voices warped: "You ever touch a woman without consent again, we'll be back. And we won't be so sweet."

He stutters as he responds. "You're not sweet. You're vicious!"

MTV's daring new show Sweet/Vicious, fittingly rife with contradiction, follows two college women avenging rape victims on a university campus that does a frustratingly awful job at protecting them.

"People are just getting away with awful things," Jules, a recent rape survivor, says. "I'm trying to make some of that right."

Sweet/Vicious, which airs its first-season finale on Tuesday, has earned critical acclaim for its self-aware focus on the realities of sexual assault and its aftermath. (The whole season can also be streamed at mtv.ca.)

It's written as a dramedy and is often hilarious, but because the subject itself appears so rarely in Hollywood and so distressingly in real life, and because this depiction is so bold, painful and unforgivingly straightforward, Sweet/Vicious ends up feeling almost unfit for the pop culture-obsessed music channel.

There is a glittery MTV sheen — cringe-worthy slang, ill-timed indie covers of popular songs, saccharine love scenes and so on — that occasionally detracts from its empowering messages.

But there's no denying it's daring and original. The overarching lesson inherent in both the show's trajectory and its title is that a person cannot be defined one simple way; within every person are different degrees of good and bad, silly and serious, sweet and vicious.

The show quite clearly takes pleasure in its many contradictions, which provide viewers with the same kind of thoughtful discomfort its leads often feel. It touches briefly on issues of racial profiling and girl-on-girl assault, among other subjects that creator Jennifer Kaytin Robinson has said she would like the show to tackle should it be renewed for another season.

It's refreshingly well-written and it doesn't sugarcoat. The two mismatched but complementary vigilantes, Ophelia and Jules (deftly played by Taylor Dearden and Eliza Bennett, respectively), do not get off scot-free for beating men they call "garbage" to a bloody pulp: they face physical and emotional consequences both from law enforcement and from one another.

> **I felt inextricably connected to the story and to its resolution; for better or for worse, I couldn't dissociate myself from the main characters.**

"I can barely remember the girl that I was before I got raped and I just know that I miss her," Jules tells Ophelia at one point, her voice cracking. Watching, I burst into tears, not for the first time. Always a television crier, this show struck a special, affecting chord with me because of having personally — and recently — experienced sexual assault.

I found myself stunned at how accurately the actors, imitating survivors, portrayed their reactions and emotions. I worried that Jules' debilitating PTSD, which affected her intimacy with love interest Tyler, might similarly affect me when I try dating again.

I felt inextricably connected to the story and to its resolution; for better or for worse, I couldn't dissociate myself from the main characters. I do wonder if watching would be as difficult and as cathartic for someone who had no experience with rape. I'd be interested to know both what other survivors thought of the show and what others less personally invested took away from it.

Unlike other young adult-centred shows like Degrassi, Sweet/Vicious spends the entirety of its season focusing on one drastically underlooked subject rather than flitting between issues plaguing teens, and it contradicts itself more often than is typically pleasant in teen TV. Crucially, Sweet/Vicious is not shocking simply for the sake of being so.

Ultimately, what is so scary and uncomfortable about the show is its relative lack of dramatization. While the characters are fictitious, their problems, their emotions, their truths and their causes are not.

Lines that in most other shows would ring cheesy are entirely becoming for Sweet/Vicious and are good reminders for us all: "Nothing can break you unless you give it permission," a character noted in a particularly poignant moment.

I enjoyed the show immensely, but I won't be devastated if there isn't a second season. This season was an exhausting, emotional ride, but it did the story and the issue justice, and rang true for me, a young survivor who is also suffering and frustrated with the lack of a support system. It reminded me, and surely others, that we're not alone.

COMEDY

Bee's alternative press party

Comic Samantha Bee is throwing an alternative party to the annual White House Correspondents Dinner this spring.

Bee, who hosts TBS' Full Frontal weekly show, said she will welcome journalists and "non-irritating celebrities" to the first annual Not the White House Correspondents Dinner. It will be held on the same April night as that annual event, a fundraiser that mixes politicians, journalists and celebrities.

"It's a party for the nerds not invited to the real 'nerd prom,'" Bee said, using the real event's common nickname.

Bee said she and her staff thought of throwing their own party as they sat around depressed in the days following the November election. They wondered what form the White House Correspondents Dinner would take with the arrival of a new administration that says the media is the opposition.

Samantha Bee. GETTY IMAGES

"I had my gown all picked out," she said. "However, that didn't work out on several different levels."

Her event at Washington's Willard Hotel will be televised in some form on TBS, although plans are still being drawn up. All proceeds from the dinner will go to the Committee to Protect Journalists.

Bee said it wasn't her intention to damage the real White House Correspondents Dinner, which distributed $118,500 in scholarships and grants to needy students this year. Bee's show has been outspoken in its criticism of President Donald Trump, so her event may be a tough sell for journalists who don't want their objectivity questioned.

Besides celebrating deserving journalists, Bee said her event has a simple motivation.

"We're just trying to have a good time," she said. "We're looking to have a party and to have a smile on our faces."

THE ASSOCIATED PRESS

HEALTH AND WELLNESS

Treating your sleep apnea with a dentist

CONTRIBUTED

It's time for you to finally get a good night of sleep. Studies have shown that many people stop breathing up to 100 times per night and snoring is often part of this disruptive sleeping disorder known as Obstructive Sleep Apnea (OSA), according to Shine Dental's Dr. Brent Wong.

"OSA or Obstructive Sleep Apnea is present in millions of people who don't even realize it. This disorder actually causes some people to stop breathing during sleep because your muscles relax in your mouth and throat during sleep," he explains.

"This causes your airway to be blocked, or obstructed by the relaxed tissues in the back of your mouth and your airway. Because your airway is being blocked, your lungs and blood are not getting as much oxygen as they need. This causes your heart to start working harder to get more blood through your body and to your brain."

Most people might not think to see their dentist to address a sleep apnea problem but Dr. Brent says dentists can be highly trained to handle this condition because it has everything to do with your mouth, jaw and surrounding areas.

"In the past, the only solution was a CPAP machine, which is a machine that pulses air into your lungs. Now, there are simple appliances that you wear that will help solve this problem," Dr. Brent adds.

At Shine Dental, the TAP Appliance is a custom fit, adjustable appliance for your mouth that you can conveniently take anywhere and wear while you are sleeping. The trays of the appliance are removable, clear, and comfortable hard material that snap over your upper and lower teeth then hook together in the front.

"This appliance may be the key to improving health and attains a better quality of life."

Patients are encouraged to talk to Dr. Brent about their options or visit shinedental.ca for more information.

A 'Smile Guarantee' to every patient at Shine Dental

CONTRIBUTED

Shine Dental likes to think outside the box when it comes to dental care and every decision is thoroughly researched in the best interest of its patients, the community and the environment.

In fact, most of Shine Dental's patients choose them specifically because they are so different, says owner and dentist Dr. Brent.

"At Shine Dental, we love our patients. Our main goal is to spend time with our patients and to get to know them and their story. We want to understand their concerns and take the time to educate them on the options available for their individual needs," he explains.

The treatment recommended to patients by Shine Dental depends on each person's individual condition. As a result, each treatment will be carefully customized after thorough diagnosis, which is why it's important to Shine Dental to offer its "Smile Guarantee" to every patient.

"At Shine Dental, we believe that together we will achieve the smile you have always wanted. As a result, we offer all patients a limited dental warranty for the investment you have made in preserving your oral health. We're confident in our workmanship, and we will stand by the work that we provide."

Shine Dental's entire team believes it's necessary to compassionately give back to the community and communities abroad. In 2005, Dr. Wong and his wife Wendy started the Shine the Light Initiative which brings dental, medical and home building aid to impoverished communities. Since then, they have completed more than 30 missions around the world.

"I've come to realize that the most important things in life aren't things and I believe that time, compassion and understanding should be the basis of all human interactions. That's how we treat our patients, too," Dr. Wong adds.

Shine Dental has two locations to choose from, with the main office located on Provencher and the downtown office at the corner of Portage and Main, which is also home to the dental implant centre.

Award-winning

Shine Dental loves its patients and its patients feel the same way. Winnipeg's Shine Dental has been chosen seven years in a row by the Consumer Choice Awards and also received the 2016 Metro Choice Award as Top Dentist as well as the 2016 Manitoba Filipino Business Council Award for contribution to the community. "We aim to give you the tooth truth, no matter how long it takes. We pride ourselves in taking whatever time is necessary for you to understand all of your options so that you can decide which option is best for your specific situation," Shine Dental's Dr. Brent Wong says.

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Joel Embiid, the oft-injured Philadelphia 76ers centre will miss three games this week because of a left knee contusion

Raps lash out at ban

NBA

Lowry and Ujiri baffled and saddened by Trump's order

Kyle Lowry takes great pride in representing Toronto and Canada as a professional athlete, but he is American born and bred and he lashed out at the United States government for its decision to ban refugees from seven primarily Muslim countries.

"I think it's absolutely bulls–," the Philadelphia-born Raptors point guard said Monday afternoon. "I bleed red, white, and blue. I was born and raised there. I have always been taught to treat everyone the same. It's a difficult time for my country right now and it's sad."

As the NBA's lone international team, one led by a Nigerian-born president, the Raptors have long been held as a shining example of inclusiveness. They have a global outlook on issues, and they value the fact they represent a country known as a beacon for refugees seeking better lives. They were dismayed by the weekend actions that led to massive protests less than a fortnight into U.S. President Donald Trump's administration.

For Ujiri, there is little in life of which he is more proud than his work with the youth of his African home. Through his own Giants of Africa foundation and work with the NBA's Basketball Without Borders program, he lives to provide hope and inspiration, opportunity and encouragement to kids. He sees them as the boys and girls who can change the world for the better, and he wants desperately to advance that cause.

I bleed red, white, and blue. I was born and raised there. I have always been taught to treat everyone the same. It's a difficult time for my country right now and it's sad.
Raptors point guard Kyle Lowry

GETTY IMAGES

Masai Ujiri
GETTY IMAGES

He watched with horror and astonishment on the weekend when the government of new American president Trump effectively banned immigration from seven countries, countries where Ujiri has worked to improve the lives of youngsters, countries he cares greatly about.

"I'm finding it difficult to absorb some of this stuff, from the ban to everything that's going on," Ujiri said Monday. "I think it's just ridiculous what's going on out there. We had plan to do a basketball camp in Sudan. When you go and do those things we have kids that come from all over the world.

"Are we lying to those kids when we say we are giving them hope, or teaching them or going to help them grow, or give them opportunity? We're outright lying to them now. I just don't get it. It's mind-boggling."

Ujiri and Lowry are not advocating a borderless world, where terrorists and those bent on destruction are allowed free passage anywhere in the world. They understand the need for protections, and that borders are sacrosanct and not everyone should be allowed to go anywhere they want. But the all-encompassing nature of the ban, the message it sends to those who want to better themselves, the opportunities it denies people, that's what they are lashing out against.

"I understand what the issues are and what the problems are," Ujiri said. "I completely understand that and we do need to pay attention to security, 100 per cent, there is no doubt. But there are ways to deal with people. So, okay, so now we are stopping children that get scholarships to go to college from Sudan? What does that have to do with anything?"

TORSTAR NEWS SERVICE

Families are being torn apart and I worry in the big picture what this means to the security of the world.
Warriors coach Steve Kerr whose father Malcolm Kerr was murdered while he was the American University president in Beirut.

WRESTLING

USA to attend World Cup event in Iran

USA Wrestling said Monday that the U.S. still plans to compete next month in Iran, one of seven Muslim-majority countries whose citizens were temporarily banned from the U.S. by an executive order from President Donald Trump.

USA Wrestling's Rich Bender told The Associated Press that the Americans have "every intention" of travelling to Kermanshah for the men's freestyle World Cup on Feb. 16-17. Bender said the U.S. federation been given assurances from the Iranians that special attention is being given to their applications. The scheduled trip to Iran will be the first major test for U.S. athletes travelling to one of the seven nations affected by Trump's 90-day ban, issued last week.

Iran's senior vice-president Ishaq Jahangiri, through the official IRNA news agency, said that Trump's executive order was "illegal, inhumane and against human rights."

THE ASSOCIATED PRESS

We are extremely disappointed by the ban and feel strongly that it runs counter to the values of inclusiveness that define us as a nation.
Major League Soccer union chief Bob Foose

NHL

Jets' Little going a long way since injury layoff

Bryan Little wasn't sure how effective he was going to be after losing months to injury, but the veteran centre's scoring and leadership are going a long way for the Winnipeg Jets these days.

Little has collected 26 points (13 goals, 13 assists) in 29 NHL games since missing 23 contests because of a knee injury he suffered in the team's season-opener. He also sat out the final 25 games of last season with a fractured vertebra in his back, and absence has made his heart grow fonder for the game he loves to play.

"I definitely appreciate the times when you're healthy and you're feeling good," Little said after Winnipeg's practice Monday before the Jets headed to play the St. Louis Blues on Tuesday.

Brian Little
GETTY IMAGES

"I've been pretty lucky most of my career, other than a few bumps and bruises, not to have many major injuries.

"I was unfortunate to have two pretty bad ones back to back. The hardest thing was just staying positive and not getting frustrated or down. I mean, yeah it sucked, but it could have been worse."

The 29-year-old Edmonton native is on a five-game point streak with six goals and three assists. THE CANADIAN PRESS

MLB

Cardinals punished for hacking Astros

The St. Louis Cardinals were stripped of their top two picks in this year's amateur draft Monday and ordered to give them to Houston along with $2 million as compensation for hacking the Astros' email system and scouting database, the final and unprecedented step in an unusual case of cybercrime involving two Major League Baseball teams.

46
Number of months Chris Correa was sentenced to for hacking.

Baseball Commissioner Rob Manfred also banned former St. Louis executive Christopher Correa for life as he ruled the Cardinals must give the 56th and 75th draft choices in June to Houston. They must pay the Astros the money within 30 days.

Correa, the Cardinals' director of baseball development until July 2015, pleaded guilty in federal court last year to five counts of unauthorized access of a protected computer. He was sentenced to 46 months in prison. THE ASSOCIATED PRESS

IN BRIEF

EPL sexual abuse probe extends to top London teams

The English Premier League's five London clubs are embroiled in the investigation into sexual abuse in soccer.

The Metropolitan Police says it has received 255 allegations connected with 77 individuals at clubs across London.

As well as the five top-flight clubs — Arsenal, Chelsea, Crystal Palace, Tottenham and West Ham — police say six teams across the next three leagues are also linked to the investigation.

THE ASSOCIATED PRESS

Fatigued Nadal to miss Davis Cup action with Spain

Rafael Nadal is taking some time off after his Australian Open final loss to Roger Federer. The Spanish tennis federation said Monday that Nadal has been dropped from Spain's Davis Cup team because of fatigue following his five-set loss to Federer in Sunday's final.

He will be replaced with Feliciano Lopez for next weekend's best-of-five series at Croatia in the first round of the World Group.

THE ASSOCIATED PRESS

MAKE IT TONIGHT

Healthy Cauliflower Cous Cous with Sweet Potato & Brussels Sprouts

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Ready in 40 minutes
Prep time: 10 minutes
Serves 4

Ingredients
- 1 sweet potato, cut into 1/2 inch pieces
- 2 cups Brussels sprouts, quartered
- 1 Tbsp plus 2 tsp olive oil
- 1 head cauliflower
- 1 Tbsp salt, plus 2 tsp
- 1/2 tsp cumin
- 1/4 cup crumbled feta
- 1 pat of butter
- 4 eggs

Directions

1. Preheat oven to 400. In a bowl, toss sweet potato and Brussels sprouts with 2 tsp olive oil and 1/2 tsp salt. On a rimmed baking sheet, in a single layer, spread and roast, stirring once or twice, until golden brown, crisp outside and tender inside, 20 to 25 minutes.

2. Cut cauliflower in quarters and carve out inner core from each quarter. Cut into smaller florets. Transfer to a food processor. Pulse until broken down into cous cous-sized granules. Stir to make sure you don't have any large pieces left. Turn out cous cous into a bowl.

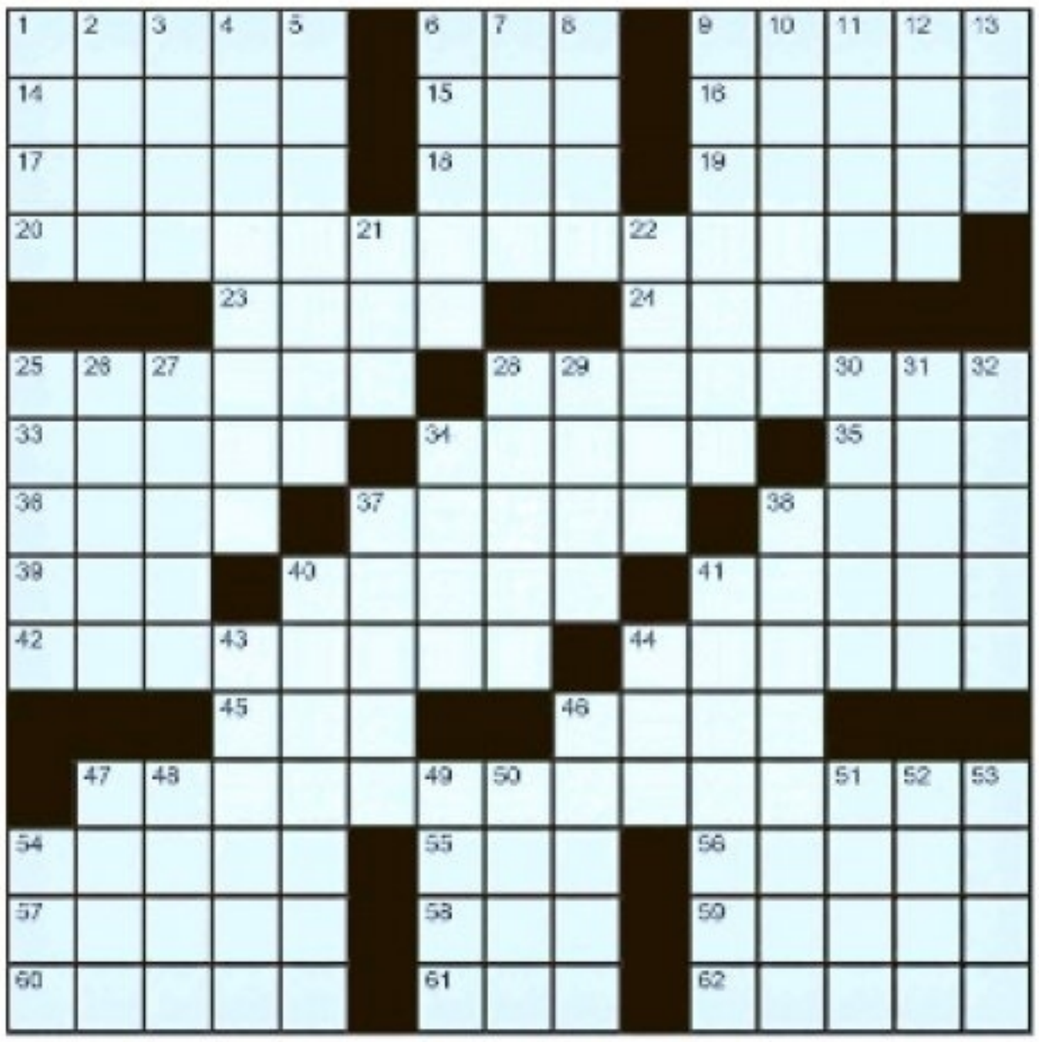
3. Heat a large skillet over medium heat then add 1 Tbsp oil. Add cauliflower to the pan and sprinkle with remaining salt. Add cumin and stir. Cook until tender, about 4 to 5 minutes. Take off heat and set aside. Gather 2 cups of cous cous.

4. In another large frying pan over medium heat, add butter and eggs. Cook a few minutes and cover pan, about 2 minutes. You can either stir together the cous cous and sweet potato mix as well as the feta or divide each amongst four bowls. Top each bowl with an fried egg and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Gives assistance
6. Following-the-morn' time
9. God
14. Kwik-_-_ ("The Simpsons" store)
15. Ghost's shout!
16. Style of rock music
17. Battle royal
18. "_ don't say!" (Wow, really?)
19. Music producer Mr. Martin (Son of Beatles producer George Martin)
20. "Dark day, windy city / Raincoat on my shoulder..." is the beginning of what Guess Who song?: 2 wds.
23. Kind of lily
24. Basketball net part
25. Bordeaux wine
28. Supplies with new employees again
33. God of wine in ancient Rome
34. Hunter's duck
35. Batch
36. Regrettably
37. Alpine dry wind
38. Caffeine nut
39. Existed
40. Words to live by
41. 'The People' in Inuktitut
42. Rhodes students
44. Uncommon
45. Where Bucharest is the cap.
46. Jump rope
47. 'Royal City' named by Queen Victoria in 1859 when it was the colony of British Columbia's first capital: 2 wds.
54. Witch assembly
55. Flat-bladed shed tool
56. Ahead of time
57. Archaically anoint
58. Unwell
59. _ diver
60. Earth
61. Entire
62. Highlander's dagger

DOWN
1. _ hearts (Health store purchase)
2. Frantic situation, e.g.
3. Movies composer Mr. Schifrin
4. Assembles/organizes
5. Driving wheel user
6. Bottomless pit, to a poet
7. Shoe's insertee
8. Roadie's gig with the band
9. Self-respect
10. 1994: "Return to Innocence" act
11. Comic actor Eric
12. Wedding cake level
13. TLC's "Say _ to the Dress"
21. Furrow
22. Fire-starting felony
25. Paw parts
26. Lavender
27. Embarrass
28. Oboist's props
29. Bounce back
30. Baking need
31. _ acid (Romaine lettuce stuff)
32. Condition
34. Achiever
37. Picture _
38. Hiker's 'bag'
40. _ around (Had goofy fun)
41. It's a problem on Winter roads
43. Nineteen Eighty-Four novelist George
44. Whiz down Whistler
46. Sniff
47. Taboo
48. One Direction's "Best Song _"
49. Mr. LaBeouf
50. Cost
51. Genuine
52. Napoleon's exile isle
53. Mr. Gosling
54. Canuck priv. sector union

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Something startling and unexpected will come from a conversation with a boss, parent or VIP today. You will be caught off guard. Don't overreact — and don't quit your day job.

Taurus April 21 - May 21
Travel plans will be canceled or interrupted today. Conversely, you might suddenly have to travel out of town when you did not expect to do so. Guard against accidents.

Gemini May 22 - June 21
Double-check information regarding debt, taxes and shared property, because something unexpected could affect your assets. Don't be in the dark; know what's happening.

Cancer June 22 - July 23
Relations with partners and close friends are hard to control today, because someone will say something that blows you out of the water. Try to be cool.

Leo July 24 - Aug. 23
Your work routine will be interrupted today. Expect computer glitches, power failures, equipment breakdowns, staff shortages and surprising news. Allow extra time so that you can deal with the unexpected.

Virgo Aug. 24 - Sept. 23
This is an accident-prone day for your kids, so be vigilant. Meanwhile, social plans might be canceled or changed.

Libra Sept. 24 - Oct. 23
Something will create havoc in your home routine today. Small appliances might break down, or minor breakages could occur. Guard against home accidents.

Scorpio Oct. 24 - Nov. 22
This is an accident-prone day for your sign, so pay attention to everything you say and do. Keep your eyes open. Stay alert, even though you feel jumpy and impulsive.

Sagittarius Nov. 23 - Dec. 21
Watch your money and cash flow today, because something unexpected will happen. You might find money; you might lose money. Guard against impulse buying that you might regret later.

Capricorn Dec. 22 - Jan. 20
Today you feel nervous and impulsive. You can't explain it, but you feel the need to do things at the drop of a hat. Good luck, because today is a crapshoot.

Aquarius Jan. 21 - Feb. 19
You feel restless today because there are so many strange vibes in the air. People are unpredictable. Today is unpredictable.

Pisces
Feb. 20 - March 20
You might meet a real character today, or perhaps someone you already know will say or do something that amazes you. Stay light on your feet so that you can go with the flow.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	3		1		6		2	
9								3
				7				
7			3		9			4
		4				8		
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5	7	9	4	8	6	2	3	1
8	1	4	9	3	2	6	7	5
4	3	2	7	9	5	1	6	8
9	8	6	2	1	4	3	5	7
7	5	1	3	6	8	4	9	2
6	2	8	5	4	9	7	1	3
3	4	5	8	7	1	9	2	6
1	9	7	6	2	3	5	8	4

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